

East Windsor Senior Center Events and Activities

AUGUST 2014

SENIOR SERVICES (860) 292-8262

TRANSPORTATION PROGRAM (860) 292-8261

WEBSITE: www.eastwindsorct.com

NUTRITION PROGRAM ON-SITE CAFE (860) 292-8279

NUTRITION PROGRAM MEALS - ON- WHEELS (860) 292-8279

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 no foot care Mobile Food Share St. Catherine's 1:45 - 2:30
4 Shopping - Walmart/Big Y 9:00 - 11:00 Wii Bowling 12:30	5	6 Shopping at Geisslers 9:00 Lunch at Golden Irene's 11:30 -1:30 Wii Zumba 12:30 WHPT Library 1:00 - 2:00	7 Fitness Class 10:00 - 11:00 Blood Pressure/Sugar Screening 10:00 - 12:30 Senior Club Meeting	8 CT Old State House Concert and Farmer's Market 11:00 - 2:00
11 Shopping - Walmart/Big Y 9:00 - 11:00 Art Class 12:30 Wii Bowling 12:30	12 Aqua Turf - Grand Ole Oprey 10:00 - 4:00 One-on-One Law Sessions 12:30 Chair Yoga 12:30	13 Shopping at Geisslers 9:00 Wii Zumba 12:30	14 Breakfast at Hotcakes 9:30 - 11:00 Fitness Class 10:00 - 11:00	15 Enfield Mall Cinema 10:00 - 2:00 Mobile Food Share St. Catherine's 1:45 - 2:30
18 Shopping - Walmart/Big Y 9:00 - 11:00 Wii Bowling 12:30	19 Foot Care Services 9:00 - 1:00 Focus Group with Kristen 10:00 - 11:00 Food for Thought 11:00 - 11:30 Chair Yoga 12:30	20 Shopping at Geisslers 9:00 Wii Zumba 12:30	21 Fitness Class 10:00 - 11:00 Game Day 12:30	22 In-House Movie "HER" 10:00 - 12:00
25 Shopping - Walmart/Big Y 9:00 - 11:00 The Book Club 10:30 Art Class 12:30 Wii Bowling 12:30	26 Tea Time with Kristen & Staff 9:30 - 10:30 Chair Yoga 12:30	27 Shopping at Geisslers 9:00 Wii Zumba 12:30 Set up for Monthly Social	28 August Social Live Entertainment By Bob Lupi 12:30	29 Enfield Square: Walk and Shop 10:00 - 1:30 Mobile Food Share St. Catherine's 1:45 - 2:30

THE CENTER IS OPEN

MONDAY THRU FRIDAY

8:00 A.M. - 3:00 P.M.